



TIMINGS

Friday checkin after 2:00pm

Gathering at Mandala from 4:00pm to 6:30pm

Saturday
6:00 am to 8:00pm

Sunday
6:00am to 5:00pm

Check out any time after 5:00pm on Sunday till
7:00am Monday morning



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ONENESS WEEKEND





**ENERGY
STABILITY
SERENITY
HEART OPENING**



This is the Oneness Weekend Journey at the centre for Enlightenment of Europe, Oneness Nordic. From brand new beginners to meditation and yoga, to seasoned spiritual seekers- all will find their takeaway here.

In Oneness Weekend, we explore ways for you to be an anxiety free entrepreneur, a connected parent, a passionate student, an emotionally present partner, and above all a peaceful human being. This weekend journey at the sacred sanctuary of Oneness Nordic, is a meditation, yoga and an insightful inner journey to help you live a happy, healthy and an inspired life.

We will lead you into insights and time tested practices created by the enlightened master Sri Preethaji, that have helped millions create a beautiful life for themselves.

The retreat occurs on the third weekend of every month.



YOUR EXPERIENCE AT ONENESS WEEKEND

Morning pranayama, deep and relaxing yoga.

Walking in the woods with presence.

Eating delicious & vegan; eating healing food that will nourish your gut microbiome.

Practicing meditations that calm your restless mind, open your heart to the experience of connection and feeling into the greater intelligence of the universe.

Chanting to tune into the spirit of oneness.

Contemplation that will help move live lightly.

Insights from Sri Preethaji into dissolving stress and anxiety, going past disconnection to celebrate deep friendship in any relationship- explained and guided by select sangha mitras (specially trained volunteers).

Easing into the moment through relaxing, selfless service in the kitchen, the garden or the grounds of Oneness Nordic.

Deeksha or the ancient mystic way for grounding into grace.
